

## Vegetable of the Week: Green Peppers

Healthy Recipe Idea: Turkey and Rice Stuffed Peppers

## Ingredients:

2 large green peppers

3/4 lb. ground turkey

1/3 cup chopped onion

7 1/2 oz. can whole tomatoes, cut up

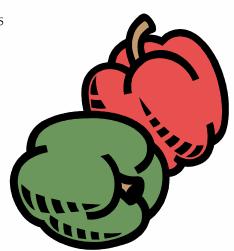
1/3 cup long grain rice

1 Tbsp. Worcestershire sauce

1/2 tsp. dried basil or dried oregano, crushed

1/4 cup shredded sharp cheddar cheese

1/4 tsp. salt



## Directions:

1/4 tsp. pepper

Cut peppers in half lengthwise; remove stems, membrane, and seeds. Immerse peppers into boiling water for 3 minutes. Invert them on paper towels and drain well. Cook meat and onion in a skillet until meat is brown and onions are tender. Drain fat. Stir in undrained tomatoes, uncooked rice, Worcestershire sauce, basil, ½ cup water, salt, and pepper. Bring to a boil; reduce heat. Cover and simmer for 15–18 minutes or until rice is tender. Fill peppers with meat mixture. Sprinkle cheese over meat mixture and place peppers in an 8X8X2 inch baking dish with any remaining meat mixture. Bake at 375° for 15 minutes or until heated through. Let stand 2 minutes.

## How do I slice my green pepper?

Choose firm, smooth, brightly colored peppers that are heavy for their size. Do not choose dull or wrinkled peppers, or peppers with soft spots. Rinse pepper well under cold water. Use a small knife to cut around the stem and between ridges into halves. Gently pull pieces apart. Discard the stem. Use the knife to scrape seeds and white portion out of the inside of the pepper and discard.

